



Volume 1 | Issue 1
January 15, 2017

“Notícias da Semana” This week at Da Firma Training Center

*“Jiu Jitsu is easy, it
just people who make
it hard” Roger Gracie*

Welcome to our first attempt at a blog!

Promotions at DTC, January 13, 2017

Our students have been working hard at DTC, and several of members of the youth team members earned the right to test for their Gray and White belts. Each of the students successfully passed the to hour long test and proved that they have mastered the techniques and skills to wear the second belt for their age group. Congratulations to Scott, Victoria, Idalia and Trevor!



Thank you to all of the adults who helped to make this belt testing possible

A huge Seminar this week with Andre and Hannelte

Hall of Fame Seminar

This one is going to be awesome, Two Legends of Brazilian Jiu Jitsu will visit Da Firma Training Center on January 21, 2017.

We are very excited to announce that two absolute legends of Brazilian Jiu Jitsu, Hannelte Staack and Andre Terencio we'll be at Da Firma Training Center for a once in a lifetime seminar January 21, 2017 at 12 pm. Hannelte is a multiple time world champion and IBJJF Hall of Fame Inductee and Andre is not only one on the top professors in the world but also on the senior referees for the IBJJF! This will be a 3 hour seminar for only \$60.00 in at DTC or online before January 13 and \$75.00 after. Only 40 spots will be available! Pay online here: <https://dafirmatc.sites.zenplanner.com/retail-product.cfm?productId=BDB88049-1948-4916-AC77-50CF25E2F6EB>

**HALL OF FAME
JIU JITSU SEMINAR**

HANNELTE STAACK AND ANDRE TERENCEIO

ANDRE:

- IBJJF SENIOR REFEREE
- OWNER BRAZIL-021

HANNELTE:

- 7X WORLD BRAZILIAN JIU JITSU CHAMPION
- WORLD CHAMPION (W60-69 WORLD CHAMPIONSHIP)
- 3X ADCC CHAMPION (2X WEIGHT DIVISION, 1X ABSOLUTE)
- IBJJF HALL OF FAME INDUCTEE

OPEN TO ALL AFFILIATIONS

JANUARY 21, 2017 AT 12 PM

3 HOUR SEMINAR FOR ONLY \$60.00

**PAY AT DTC OR ONLINE BEFORE
JANUARY 6, 2017 AND \$75.00
AFTER JANUARY 6, 2017**

ONLY 40 SPOTS WILL BE AVAILABLE!

ALSO MENEHUNE SOAPS RELEASE EVENT.

DA FIRMA TRAINING CENTER
500 BATTLEFIELD S. BLVD CHESAPEAKE
VA 23322 757-333-3287
WWW.DAFIRMATC.COM

*Learn self defense and
get in shape at Da
Firma Training
Center*

Coach Antwain Britt, a UFC and Strike Force Veteran, unbeaten Professional Boxer, and Certified Personal Trainer has joined the DTC staff as our head kickboxing coach. The program has taken off like a rocket. Classes meet Monday and Wednesday at 7:30 pm. This is a calorie burning, cardiovascular, total body workout. This program may be taken as an add on to the the BJJ program or as a standalone class. For more information contact us at 757-333-3287, info@dafirmatc.com or just stop in to see us. 500 Battlefield S. BLVD Chesapeake VA, 23322



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